

Mental Health Action Plan

This is a plan for what you can do if you catch your mental health getting in a bad way. It can be just for you, or something that you share with someone else.

People

If I need to speak to someone, I'll speak to:

They can help me by:

Activities

If I'm feeling down, I'll try these things to help me cope:

Space

If I need to get myself to a safe space, I'll go to:

Services

I can get extra support from: